



Recreation Therapy and Music Therapy Activities for Enrolled Outpatient Veterans

Day/Date	Time	Location	Description	Who May Participate	Call to Sign Up
Tuesdays in May	3:00-4:00pm	Bldg. 12 CLC; 1 st floor ROOM B105	Please join us for yoga on Tuesdays Beginning level in chairs. Learn about deep breathing techniques and relaxation.	Any Veteran	Klay Queck 515-699-5999 x4039
Thursdays in May	4:00-5:00pm	Bldg. 5 Domiciliary 1st floor ROOM 128	"Yoga for Veterans" Higher level mat yoga class that is trauma sensitive and helps assist Veterans with breath control, emotional regulation and mental-resiliency.	Any Veteran	Klay Queck 515-699-5999 x4039
Thursdays in May	5pm-8pm	First Family Church, 317 SE Magazine Rd, Ankeny, IA 50021	Wheelchair Basketball drop-in practice hosted by Adaptive Sports Iowa. 12 sport wheelchairs available at first come first serve basis. No experience necessary!	Any veteran with a physical limitation	Joyce Ellens 515- 699-5999 X4939 or adaptivesportsiowa.org
Tuesdays in May	6pm-8pm	CrossRoads Shooting Sports, 5550 Johnston Dr., Johnston, IA 50131	Air Rifle program hosted by Adaptive Sports Iowa. Some adaptive equipment and instruction provided. FREE for participants. Call ahead to reserve a spot!	Any veteran with a physical limitation	Joyce Ellens 515- 699-5999 x4939 or adaptivesportsiowa.org
Monday May 1st	6pm-8pm	VA CIHCS 3600 30 th Street Des Moines, IA 50310 (Parking Lot #10 in the month of May)	Central Iowa Amputee Support Group: The first half of group will be education and the second half of group is support and networking. In May, John Brunow, owner of All Ability Cycles will be here with adaptive cycles and equipment to help guide those with limb loss in getting back to riding!	Any Veteran with an amputation or potential amputation	Amber Krakau (515) 699-5999 x4982 or http://www.orgsites.com/ia/ciasg/

Tuesday May 2nd	6:30-8pm	VA, Bldg. 12 CLC2 dining room	Fly Tying Join us to learn this fun leisure skill of FLY TYING!! We'll be using these flies to fish in the summer months!	Any Veteran	Joni Osmundson 515-699-5999 x4980
Thursday May 4 th	12pm-4pm	High Trestle Trail in Madrid (about 12 mile ride)	"Veterans Riding to Live" A group of cyclists who love to ride! Snacks provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 5-2-17	Any Veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
May 17-18	Arrive at 10am	Camp Wesley Woods in Indianola	Women Veterans 4 th Annual Overnight Retreat! Contact Suzanne for more details and registration forms.	Any female Veteran	Suzanne Anderson 515-699-5999 x4949
Thursday May 18 th	12pm-4pm	Gray's Lake in Des Moines- meet at the SW corner of the park.	"Veterans Riding to Live" A group of cyclists who love to ride! Snacks provided by the DAV after the ride! *Some standard and adaptive bikes are available. Please let Joyce know if you need a bike by 5-16-17	Any Veteran	Joyce Ellens x4939 or Ed Bryja x4687 *Go to Facebook page "Veterans Riding to Live" for updates.
No MOVE Aquatics in May	No MOVE Aquatics in May	ChildServe Therapy Pool- must be signed up 3 days prior	Veteran's MOVE! Group- heads to the pool for a work out, low intensity and accessible for all! There will be NO MOVE Aquatics for the month of May.	MOVE! Participants *must call and sign up	Brian Braley x4687 Amber Krakau X4982
Saturday May 20th	12pm-4pm	Gray's Lake in Des Moines	Team River Runner- kayaking program for disabled veterans. First paddle at Gray's Lake. *Session full, please call Joyce to get on future paddle dates!*	Open to 4 veterans with physical limitations per event	Joyce Ellens 515-699-5999 x4939 Must call Joyce to apply and be accepted for program.
Session 2 dates: June 3rd, 10th, 17th, 24th, and July 8th	9am-11am	Warrior Run Golf Course, Norwalk	GIVE- Golf for Injured Veterans Everywhere. FREE 5 week golf lessons for veterans and one caregiver. 4 class sessions offered in summer months. *Taking names for sessions 2,3,and 4*	Any veteran, open to 15 veterans per session.	Joyce Ellens 515-699-5999 x4939 Must call to reserve your spot for the 2017 season!
Saturday May 27 th	9am-2pm	VA campus parking lot	Car/Truck/Cycle Show Food stands, music, silent auction, prizes! FREE	Any veteran	Contact Bob at (515) 274-9110 for more information

Save the Date! Sunday June 11 th	5pm-7pm	Urbandale Pool 1702 Aurora Ave Urbandale 50322	“I Tried SCUBA!” Come try SCUBA with trained instructors in a controlled indoor pool environment. \$5.00 for class. Please bring swimsuit or shorts and t-shirt and your own towel. Caregivers can also join in the pool, but equipment is reserved for veterans to use.	Any Veteran, caregivers are welcome. Open to 15 veterans	Joyce Ellens 515-699-5999 X4939 Must call to reserve your spot!
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